



Cauliflower and Pea Tikka Curry

with Coriander Rice and Yoghurt Drizzle

17

Rapid

20 Minutes • Medium Spice • 2 of your 5 a day • Veggie



Cauliflower Florets



Garam Masala



Basmati Rice



Garlic Clove



Tikka Paste



Onion Marmalade



Tomato Passata



Vegetable Stock Paste



Coriander



Greek Style Natural Yoghurt



Peas



Unsalted Butter

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Kettle, Baking Tray, Saucepan, Sieve, Garlic Press, Frying Pan, Measuring Jug and Bowl.

Ingredients

	2P	3P	4P
Cauliflower Florets**	300g	450g	600g
Garam Masala	1 sachet	2 sachets	2 sachets
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Tikka Paste	75g	112g	150g
Onion Marmalade	20g	30g	40g
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Sugar*	1 tsp	1¼ tsp	1½ tsp
Water for the Curry*	100ml	150ml	200ml
Coriander**	1 bunch	1 bunch	1 bunch
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Peas**	120g	180g	240g
Unsalted Butter** 7)	30g	40g	60g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	492g	100g
Energy (kJ/kcal)	2754/658	560/134
Fat (g)	24	5
Sat. Fat (g)	11	2
Carbohydrate (g)	93	19
Sugars (g)	22	5
Protein (g)	17	3
Salt (g)	3.11	0.63

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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HelloFresh UK

Packed in the UK

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Roast the Cauliflower

a) Preheat your oven to 220°C. Fill and boil your kettle.

b) Halve any large **cauliflower florets**. Pop them onto a baking tray. Drizzle with **oil**, season with **garam masala, salt** and **pepper** then toss to coat. Spread them out in a single layer.

c) When the oven is hot, roast on the top shelf until golden and tender, 15-18 mins.



Chop Chop

a) Meanwhile, roughly chop the **coriander** (stalks and all).

b) Pop **half** the **coriander** into a small bowl with the **yoghurt** and mix together.

c) Season to taste with **salt** and **pepper**.



Cook the Rice

a) Meanwhile, add the **boiled water** to a large saucepan with **¼ tsp salt** for the **rice**.

b) Bring back to the boil, then add the **rice** and cook for 12 mins.

c) Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Finish the Curry

a) When the **cauliflower** is cooked, add it to the **curry sauce**.

b) Stir through the **peas** and cook until piping hot, 1-2 mins.

c) Remove the pan from the heat and stir the **butter** into the **curry** until fully melted and combined.

d) Taste and season with **salt** and **pepper** if needed.



Make the Sauce

a) Meanwhile, peel and grate the **garlic** (or use a garlic press).

b) Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **tikka paste, onion marmalade** and **garlic**. Stir and cook for 1-2 mins.

c) Pour in the **passata, vegetable stock paste, sugar** and **water for the curry** (see ingredients for both amounts).

d) Bring to the boil, then turn the heat down slightly. Simmer until thickened, 6-8 mins, stirring occasionally.



Serve

a) When everything is ready, stir the remaining **coriander** into the **rice** and share between your bowls.

b) Serve with the **tikka style curry**.

c) Dollop over the **coriander yoghurt**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.